



- HEALTHY EATING
- RELATIONSHIPS
- MENTAL HEALTH
- SELF HARM
- BULLYING
- SMOKING
- ALCOHOL
- DRUGS



**BUT SOMETIMES  
IT'S EASIER  
TO TEXT...  
WE HELP STUDENTS  
AGED 11-19 WITH  
ALL KINDS OF ISSUES**



**IT'S  
GOOD TO  
TALK....**



**Midlands Partnership  
NHS Foundation Trust**  
*A Keele University Teaching Trust*

**TEXT YOUR SCHOOL NURSE ON  
07520 615723  
FOR CONFIDENTIAL ADVICE & SUPPORT**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you might already have your school nurse's contact details on your text. 16-19 will not be seen outside of normal working hours. If you need help before you head back from us contact a member of school staff or your doctor. Our text number does not receive voice calls or SMS picture messages. We support messaging from UK mobile numbers only, which does not include messages sent from landlines, international mobile numbers and satellite number markings (mobile apps). Please use the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

